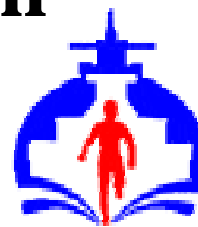


Aerobic Exercise Program



Name _____

Exercise Objectives _____

Realistic Exercise Schedule (days per wk/time per workout)_____

F.I.T. Principle (ACSM exercise guidelines)

Frequency: Exercise at least 3 times per week.

Intensity: Exercise within your target rate range specific to your goals (50-90% Maximum Heart Rate (MHR)).

Your personal exercise heart rate is _____to_____. Your 10-sec heart rate is ____to____.

For assistance in finding your personal exercise THR, contact your local MWR Fitness Coordinator or a Certified Personal Trainer.

Time: Exercise at least 20 to 60 minutes.

Type: Aerobic activities are those that can be sustained for a long period of time. Examples include running rowing, swimming, cycling, aerobic dance, skiing, stair climbing, and rollerblading.

Activity	THR	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Min										

1. Warm up prior to and cool down after each workout (2-5 min).
2. Increase your flexibility by stretching before and after each workout.
3. Over-exertion can be hazardous to your health. Stay within your training heart rate when exercising.
4. Do not stop abruptly after exercise to prevent blood pooling (blood accumulating in the extremities).
5. Cool down gradually and lower your heart rate to 100 beats per min or 16 for a 10 second count per completion.
6. Be sure that your body is adequately hydrated. At least a cupful per 15 min of exercise is recommended.
7. When exercising, be careful in extreme weather conditions, especially hot, humid weather.
8. Remember to use protective equipment, i.e., helmet, elbow, knee pads when needed.